

# DINNERLY



## Low-Cal Smoked Salmon Kedgeree with Roast Cauliflower and Green Beans



35 minutes



2 Servings

Kedgeree – the most delicious dish you've probably never heard of! It's a classic Indian-style dish of curried rice, smoked fish and veggies. We've used mild spices, brown rice and smoked salmon for a family-friendly low-cal choice.



## WHAT WE SEND

- 125g brown rice
- 10g vadouvan curry powder <sup>17</sup>
- 250g cauliflower
- 200g green beans
- 1 leek
- 100g smoked salmon slices <sup>4</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 eggs <sup>3</sup>

## TOOLS

- oven tray
- baking paper
- medium saucepan
- small saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Fish (4), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 555kcal, Fat 21.8g, Carbs 57.2g, Proteins 28.1g



### 1. Cook rice

Preheat the oven to 220C. Line an oven tray with baking paper. Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and **half the curry powder** and cook for 25 mins or until tender. Drain.



### 2. Prep ingredients

Meanwhile, bring a small saucepan of water to the boil for the eggs. Cut the **cauliflower** into small florets. Trim the **beans** and halve on an angle. Halve the **leek** lengthwise and thinly slice the pale stem, discarding any dark green stem (see Kitchen 101). Crush or finely chop **2 garlic cloves**. Tear the **smoked salmon** into pieces.



### 3. Roast cauliflower

Put the **cauliflower** on the lined tray and drizzle with **2 tsp olive oil**. Season with **salt and pepper** and toss to coat. Roast for 20 mins or until golden and tender. Meanwhile, cook **2 eggs** in the pan of boiling water for 6 mins for soft-boiled or 8 mins for hard-boiled. Drain, then cool in cold water. Peel and quarter the eggs.



### 4. Sauté leek and beans

Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Cook the **leek** and **garlic**, stirring, for 3 mins or until softened. Add the **beans** and cook, stirring, for 3-5 mins until tender but still with crunch. Add the **remaining curry powder** and cook, stirring, for 1 min or until fragrant.



### 5. Serve up

Add the **curried rice**, **roasted cauliflower** and **2 tbs water** to the veggies and stir until well coated. Stir in the **smoked salmon**, then remove the pan from the heat. Taste, then season with **salt and pepper**. Top with the **egg**. Divide the **kedgeree** among bowls or pop the pan on the table for everyone to help themselves. Enjoy!



### 6. Kitchen 101

Prior to chopping, give the pale part of the leek a good rinse under running water to remove any hidden dirt.